

**2009**

**N.O.S.S.A. TRACK AND FIELD  
CHAMPIONSHIPS**

THURSDAY, MAY 28<sup>th</sup> AND FRIDAY, MAY 29<sup>TH</sup>  
ST. JOSEPH-SCOLLARD HALL, NORTH BAY, ONTARIO – CUNDARI FIELD  
CHIPPEWA SECONDARY SCHOOL, NORTH BAY, ONTARIO

SECTION I -  
MEET PROCEDURES AND REGULATIONS

**N.O.S.S.A. TRACK & FIELD 2009**  
**MEET PROCEDURES AND REGULATIONS**

**DATE:** Thursday May 28, 2009                      3:30 p.m.  
Friday May 29, 2009                                9:00 a.m.

**LOCATION:** ST-JOSEPH-SCOLLARD HALL, NORTH BAY, ONTARIO – CUNDARI FIELD  
CHIPEWWA SECONDARY SCHOOL, NORTH BAY, ONTARIO

**CONVENER:** David Wilkinson, St. Joseph-Scollard Hall Catholic Secondary School

**MEET ENTRIES:** Dave Makela [makelad@rainbowschools.ca]

**ENTRY DEADLINE:** Monday, May 25<sup>th</sup>, 4:00 p.m.

**Entries accepted only from district conveners or their designates.**

**Email to:** Dave Makela [makelad@rainbowschools.ca]

See entry instructions section II

\*Use Hy-Tek Meet Manager and follow instructions provided.

No Post Entries accepted. Substitutions will be permitted provided that the competitor has been registered and with concurrence of district involved.

**ELIGIBILITY:** District conveners must bring a copy of their district's eligibility lists to the meet

- ENTRIES:**
1. The following number of competitors (except relay teams) are eligible for each competition: Sudbury - 5, North Bay - 4, Sault - 4, North Shore -3.
  2. Each competitor may compete in three events plus one relay plus the open relay.
  3. All scratches must be submitted through the District Convener (or their designate) at least forty-five minutes before the commencement of the day's events. An athlete must participate in all events in which he or she is entered. In the event an athlete scratches he will be ineligible to participate in any subsequent events.
  4. No substitutions will be permitted after 6pm of the Wednesday previous to the start of the meet.
  5. 'Spares' shall be permitted (if so listed) and shall receive competitor numbers provided that the entry fee is paid for each.

**ENTRY FEES:** The entry fee shall be **\$1.75 per competitor per event** (including relays) payable at registration. District conveners must include a cheque for all fees for their schools upon arrival, payable to "N.D.A". Spares will be charged a fee of \$0.75/athlete.

## N.O.S.S.A. TRACK & FIELD 2009

### MEET PROCEDURES AND REGULATIONS

1. Discus will be held at Chippewa Secondary School. A shuttle will be provided. Please inform the convenor – David Wilkinson – **if you have an individual who has their discus competition and another event at the same time.** He will be sure they have personal transportation.
2. Only short spikes (5mm or 1/4") will be allowed on the rubberized track. Starting blocks will be provided.
3.
  - a) The long and triple runways are rubberized.
  - b) The high jump approaches is tarmac.
  - c) Discus and shot put pads are concrete surfaces.
  - d) The Javelin approach is grass.
4. The 1500m and 2000m steeplechase events **DO NOT** have a water jump.
5. Competitors' numbers are to be worn on the back for track events up to and including 400m. For all events over 400m (800m+) the numbers are to be worn on the front. Field event competitors should wear them on the front.
6. Registration, at 2:30 p.m. on Thursday, will take place on Cundari Field in the field house at SJSH.
7. Food and drinks will be available at the concession area.
8. Weigh-in for the throwing implements will take place in the field house at the track.
9. A complete set of printable results will be uploaded to the NOSSA website after each complete day of competition. No hard copies will be distributed.
10. Schools with N.O.S.S.A. trophies are reminded to bring them to the meet.
11. O.F.S.A.A. Entries:  
A post meeting will be hosted following awards presentations to decide upon O.F.S.A.A. entries. See link attached to NOSSA track and field homepage for further information on the O.F.S.A.A. entries process.
12. PARKING will be an issue at the school with school in progress. We are looking at spots within a kilometer or two of the school. You will have to drop off your athletes and park the buses at these locations.

**N.O.S.S.A. TRACK AND FIELD CHAMPIONSHIPS  
INFORMATION PACKAGE - SECTION II  
ENTRY INSTRUCTIONS**

**Number of eligible competitors per district:**

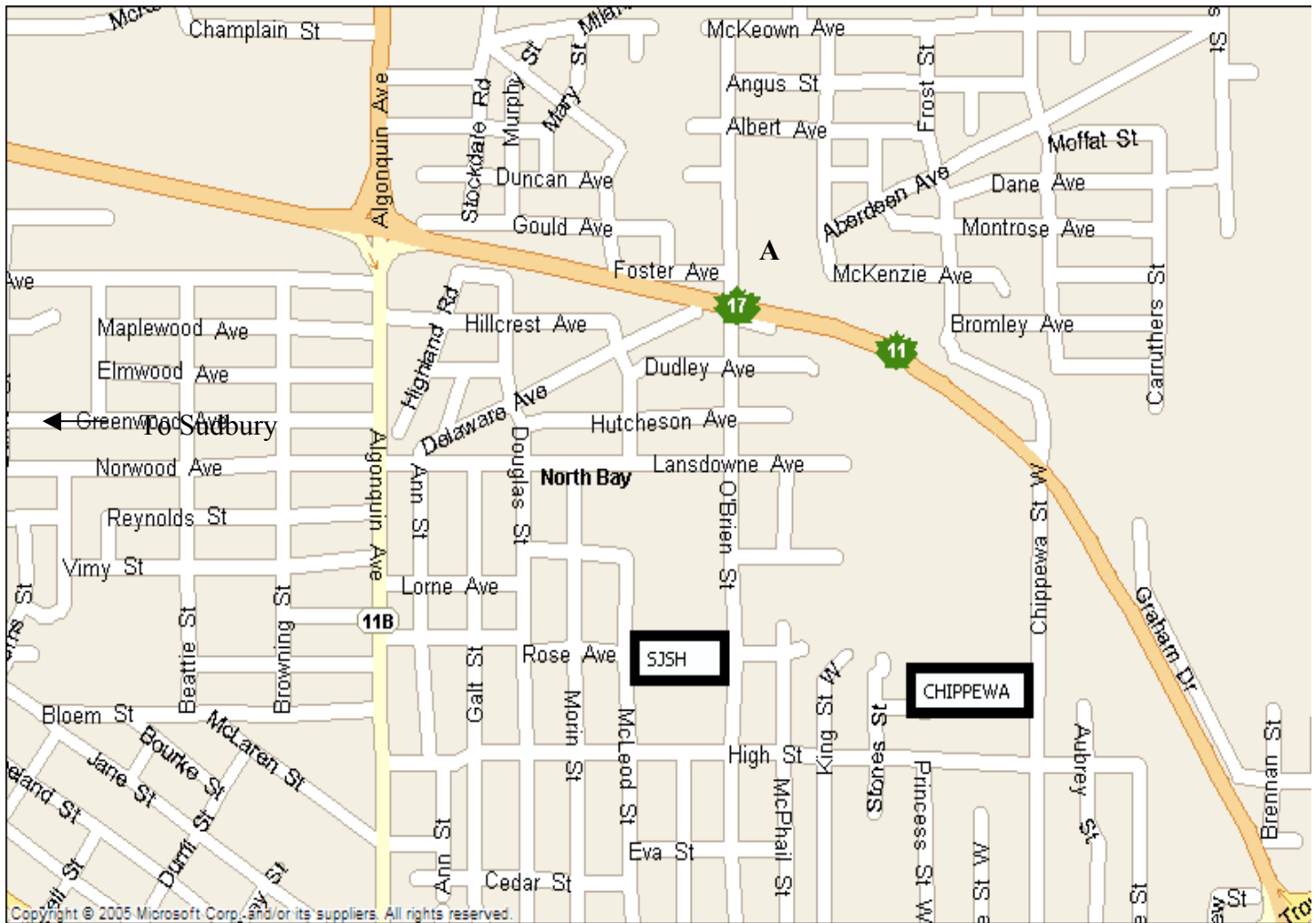
Nipissing, Soo -	4
Sudbury -	5
North Shore -	3

**PROCEDURE FOR USING HY-TEK PROGRAM TO COMPLETE ENTRY PROCESS:**

1. Before using the Hy-Tek Program for your local meet, **be sure you are using the correct, updated version, 2.0Df**. Using an older version will cause problems with data transfer. This update may be downloaded free at the following web address:  
<http://www.hy-tekltd.com/track/winmm/updates.html>
2. Before completing your final results file back-up, please ensure you have entered the **names of all relay runners** on the teams you are entering. Also, please ensure **all your athletes have their birth date entered**.
3. Go to "File" and select "Back Up ..." to complete back-up of district results. This is one of the files that you will be emailing.
4. After back-up, from "File" pull-down menu, select "Export Advancers". "Select All" events, then advance athletes using the boxes provided to customize your needs (typically, custom select advancers would be checked as not necessarily the top performers advance in all events). Upon completion, you will be prompted to select a location and name for the file.
5. Compress the two files before emailing.
6. Send an email to: Dave Makela [makelad@rainbowschools.ca] **WITH TWO ATTACHMENTS**. One will contain your advancers information, the other will be a back-up of your district results. Be sure to include the district name in the subject line and a contact number where you can be reached in case there are problems.
7. In addition, fax a hard copy of your entries to David Wilkinson at (705) 494 – 7270 - **this fax should clearly identify the athletes that will be participating at NOSSA**.

**PAYMENT OF ENTRY FEES:**

1. Fees are **\$1.75 per competitor/event** . Spares will be charged a flat rate of **75 cents per competitor**.
2. Make cheque payable to "N.D.A." and submit upon arrival to event.



Accommodations:  
This is the closest:



**Comfort Inn Airport**

**A** on map

1200 O'Brien St.  
North Bay, Ontario, Canada P1B 9B3

Phone: (705) 476-5400  
Fax: (705) 476-1295  
1-800-866-8261

Or you can contact:

Maija Holla ([maija.holla@whg.com](mailto:maija.holla@whg.com)) – she can take care of your accommodation needs.

Or visit:

[http://www.cityofnorthbay.ca/visiting/accommodations/hotels\\_motels.asp](http://www.cityofnorthbay.ca/visiting/accommodations/hotels_motels.asp)